

Setting the Holiday Table: Government Recipes - Transcript

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Good afternoon. Welcome to today's webinar, setting the holiday table: government recipes. With us today is Suzanne Caro, the government information librarian at North Dakota State University libraries, also known as the cookie goddess. Suzanne, it is all yours.

I was joking about the cookie goddess part, but I guess I will take it. Thank you, everyone. I have to say, I had a really great time doing the research for this. I fell down so many cookie related rabbit holes. We will get into a little bit of those, but hopefully, you will enjoy this as much as I enjoyed putting it together. If, throughout these slides, you see images such as these beautiful cookies, these are from the FDA, specifically a site on recalling cookies for unlisted ingredients, some of which are not anything you really want to eat. So, first, let's think about what is in a cookie. This is just a quick outline of what we will look at. We will look at all sorts of definitions. We will look at the business of making, international cookies, and cookies as an expression of a lot of what is going on in the country in all sorts of ways. One of the things that inspired me with this topic was, well, if there really is no topic the government does not publish on, how far can I actually go with these cookies? Well, you can go quite far. So, first, let's take a look at some classification. This will come up again a little later on. But, if you have not taken a look at the North American industry classification system, this is a system of industrial classification that the government uses for all sorts of purposes. It is developed by the U.S. Census. You can go to the NAICS site, and you can find these industry classifications for just about anything, including cookies. It can be somewhat limiting. You may notice here we have 311821 is for general bakery products, so cookie manufacturing and cookies that are filled fall under that. But, there are also other codes, that 722-5154 cookie shops. This can be useful in a number of databases, such as -- you can actually do searches by these NAICS codes, and pull up articles by them. So, what is a cookie? Perhaps, a cookie is something you can tell is a cookie when you see it. But, there are actual general laws that are related to cookies. So, if we have specifically baked goods, flowers, mixes, premade items. According to the CFR, these can include baked goods such as breads, brownies, cakes, cookies, and crackers. Some of the ingredients for our cookies might also have a definition. For example, there is a definition for butter. This comes from the food and drug act of June 30th, 1906. It looks like in 1902, thanks to Wisconsin, there were more laws related to what is butter, and specifically what is not butter. That is when it first became illegal to have premixed margarine. Margarine, itself, is a heck of a fascinating trip. It starts back in France, in 1869, when it was first made with beef fat. Seriously, you can learn a lot about the bizarre history of food. There was also a version made from coal. You could have margarines including whale oil, vegetable oil, all sorts of materials. You can understand why you would definitely want to have a definition for something like butter, as well as for other ingredients, such as flour. For a lot of the definitions, these can be kind of broad. So, you have flour, but that could be a wheat flour, that could be a buckwheat flour, a rice flour, just about anything. But flour is one of your main ingredients. There are also definitions with chocolate versus chocolate flavor, having to do with the amount of chocolate liquor included in the chocolate. Butter cookies have to have 100% butter. No margarine, in order to actually use the term butter cookies. This makes me wonder about chocolate candy cake, here. This also comes from the FDA, here, this one had undeclared peanuts. Also, what is not supposed to be in your cookies? For undeclared allergens, that could be nuts, dairy, gluten, or in some cases things never meant to be in there, such as metal shavings, or glass. So, if you want to have a bit of a search into legal aspects or definitions, these are all sites that you can check out. There are also bad cookies. I was surprised to find cookies mentioned in the morbidity and mortality weekly report, due to a bakery luster dust, basically a

glitter that was not actually intended for ingestion. There were cases of heavy metal poisoning, specifically copper, where people were using this luster dust on baked goods. If you want to get those pictures of beautiful, beautiful cookies with undeclared allergens, that would be from the FDA chocolate and the chip LLC issues allergy alert. One of the reasons why we have these regulations is cookies are really a big business. Here, again, is those North American industry classification numbers. Obviously, it is big enough that they have classification numbers. We also have the whole Bureau of Labor Statistics occupational handbook information, or you can find out how much people are making in bakeries. So, people are making these cookies. I feel kind of bad about this one, in that you should not invest any funds in this offering unless you can afford to lose your entire investment. That does not sound like a good thing. But, there are a number of companies who, with the securities and exchange commission, are trying to get more investment for their cookie business. I specifically left off the name of this particular cookie company, because I felt a little bit bad for them. But, the securities and exchange commission, specifically Edgar, is a really interesting source for more business information regarding these companies. A number of the larger companies will issue, or have provided their annual reports and other documentation, so you can get more of an inside view of what is going on inside some of these companies. So, for example, if you look up Keebler, they are quite happy to let you know they are the second largest cookie and cracker manufacturer in the United States, with an annual net sale of 2.8 billion, and a 26% share of the U.S. cookie and cracker market. Underneath the Keebler brand, you will also find famous Amos. So, if you are working with business students, or trying to find an interesting way to talk about economics or regulation, you can use cookies as an example. There can be all sorts of legal issues. Not just oh, you had undeclared nuts, but the federal trade Association can get into this. There are also issues of unfair practices, so, for example, Misses Fields was not being fair, and was misrepresenting the amount of fat, cholesterol, and calories in baking product they were promoting as low fat and healthier. This was unfair to all of the companies who were providing cookies and baked goods that actually were lower in fat. So, they were sort of fudging things to improve their sales. Another interesting case, this one coming from the FDA notices of judgment collection, at the national Library of medicine. This is Casey's cakes. In this case, they were dealing with unsanitary conditions. So, what, exactly, are you getting in your cookies? Cookies have gone to court. I kind of love this one. This is the U.S. Trade Commission. Basically, what happened was Wilton industries was having materials imported, listed under festive articles, which were duty-free, primarily defined as decorated. The argument here was that cake pans and cookie cutters and the little rods you put in cakes when they are really tall to keep them from falling over or to have multiple levels did not qualify as a festive article. This is a great quote from that case. In fact, isn't it true the use of Christmas cookie cutters to make Christmas cutout cookies a holiday tradition? Isn't it the process of making Christmas cookies itself thus a part of the holiday festivities, rather than mere preparation for the festivities? This was one of the arguments that was made. If you are importing large quantities of things like cookie cutters, do you think about like, oh, do you have to pay duties on those? I love that they are going a little deeper, here, like, what really is festive? Now, I wonder, what would a cookie cutter that was festive look like? This is also a great subject for getting into patents. One of these, I will use the little laser pointer, this one is actually a Wilton cookie cutter for the holidays. It is in the shape of a snowflake. It is multiple layers, and rather fancy. You can find the patents through multiple options. You can use the Google patent search, or if you know the name of the company, you can search U.S. patents. Usually, you will come up with what you need. The first one, the Wilton one, this is from the patent site directly. And this one, I found it just doing a search for cookie cutters in Google patents. I do love that these are so complicated. These are not your basic cookie. One thing I will sometimes do is go to the Google patent search, because sometimes I find it a little easier, and then take the patents numbers to the patent site itself, which will also provide links to all of these that are then connected. You can see the development of the technology, which I think is really interesting. These are not springing up as unique items all by

themselves. The oldest patent for this one specifically looks like it goes back to 1901. So, there is a long history behind something as complicated as a cookie cutter. Or even something as simple. These also have some great images. If you just take the images, you can use them for your own coloring books. I believe the national archives did that at some point. When you are talking about business, you are also talking about international and global businesses. I have some good news for everyone. If you are traveling for the holidays, you can take cookies with you. The transportation security administration has said yes for cookies. You are supposed to carry them separate from your carry-on bags, so you will want to be able to take them out, so they can judge and possibly sample. I will not make any judgments on that. If you are crossing international borders, it can get more complicated. The customs and border protection specifically brought out moon cakes, which I might not qualify as a cookie. They are round, they are not leavened, and they tend to be sweet. But they are also very thick. So I did not know if I would count them as a cookie. In this case, it is more of what could possibly be in that cookie. Those concerns go back to the USDA, and if there are things that could possibly cause problems in United States agriculture. But generally, baked goods are pretty safe. As we continue to go international, I love that the United States international trade commission specifically were concerned about butter cookies in tins from Denmark. This is a very short statement that they had. There were a couple issues. The main one was that Denmark was subsidizing their butter cookies to be sold in the United States at less than fair value. However, they decided this was not particularly problematic for the U.S. butter cookie market, and I have not been able to find 18 of these cookies so I can double check, but I bet they are probably also holding them to the U.S. butter cookie standard, so they have to have 100% butter in them. But, if you know more about the issues of Danish butter cookie importation, I would love to know. I think this could be a fun deep dive, if you want to look at international trade issues. One of the ideas I love that kept coming up while I was looking at the topic of cookies was cookies as a form of diplomacy. I found this quote regarding I have been through many things on Maidan, but the only big moment I missed was your cookies. And this was in reference to an event where ambassador, she was not ambassador at that point, Victoria Nuland had been said to have passed out cookies. She says that she actually passed out sandwiches, to reduce tensions between some protesters and some soldiers. This sharing of food was part of the Slavic tradition and culture. I love the idea of cookies being a tradition and culture, hospitality, and a way of sharing affection. I was unable to determine the exactly what she meant, as far as Slavic culture, but I suspect it might be related to a very, very old concept of bread and salt. If you are a fan of game of thrones, you might remember an issue where someone showed that their guests would be safe in their home by offering them bread and salt. This concept is held in many countries. Still, if you go to areas like the Ukraine, were Slavic countries, sometimes, you will still be presented with bread and salt. Not great for cookies, but I think it is somewhat related. And I swear the bag she is holding looks like it has cookies. Cookie diplomacy really is a thing. Here, I have an example from the Department of State newsletter, where they have their gingerbread cookie recipe. This is part of a tradition where they make large quantities of gingerbread cookies. Some things like this, they will actually contract with a bakery, but in this case, they still make their own gingerbread cookies. There was this wonderful quote in state magazine from December 2014, food brings people together, promotes discussion, bridges gaps, and allows everyone to work in a more relaxed setting. Food, in sum, can promote diplomacy. And that is how I came across this lovely lady. For some reason, I cannot determine why, but 15th of May, 2020, the U.S. Consulate General for Hong Kong had this image and a recipe for peanut butter cookies. I suspect part of it is sharing culture. It is sharing something that is pleasant and nice and shows care. And is just, in general, a nice gesture. There is also -- I am going to mispronounce this, because I am better with Spanish than Portuguese, but the translation for this is have you tried Christmas cookies? That was from an ambassador page in Brazil, with a recipe for gingerbread cookies. So, it is sharing traditions. It is sharing culture. It is showing love. And in Brazil, the term for cookie is the Scotus. I love this, because the state cookie for New Mexico is the Biscoe Cheeto.

We will get a little more into terms later. So, here is an example from the department estate newsletter from December of 1979. This issue actually has pages and pages of recipes from people who work in the State Department and all different countries. So, there are a lot of international recipes. This was not the only cookie recipe, but I love the idea of deep-fried cookies that involve cognac. Usually, I am a rum person, but cognac sounds great, as well. This other item here is from Bridge USA. It is specifically talking about teaching people who are new to the United States about baking the classic chocolate chip cookie. So, in this case, there were 80 students from Macedonia, Bulgaria, Jamaica, Romania, Ireland, Serbia, Poland and others, who learned how to make the classic Massachusetts chocolate chip cookie. I believe that is the official cookie of Massachusetts, which is also the home of Tollhouse. So you are getting an American experience in the form of a cookie. Not everyone feels as positive about cookies. I discovered the term "cookie pusher" which if you search in gap info will come up, was first coined by U.S. diplomat Hugh S Gibson, in 1924. Basically, he stated there were individuals working in the State Department who were not really doing anything, except going around events, handing out cookies. It ended up meaning someone who was a boot looker, a flatter her for self satisfying motives. This makes me feel kind of sad, because I think being a cookie pusher would be a fantastic job. Luckily, not everyone feels that way. So, for example, this United Nations hook that came from the United States committee for the United Nations brought in all these international recipes, including some cookies. In the introduction, it states "for international dishes and international menus, families help teach the all important lesson of understanding of other people's." So, again, this idea of not only getting, but learning how to cook these things, you come to understand more about other people and other cultures. So, this is the area where I really went down the rabbit hole. Cookies as an expression of economic and social conditions is a very, very broad topic. I just had to use this sweet potato one because it is adorable. If you would like any of the recipes I talk about in here, please go to the cookie library guided I have all the recipes and links to more available there. Under this general area, here, we are going to talk about cookies in war times, economic issues, health and nutrition, cookies as a learning tool, science! With an exclamation point, and politics. One of my favorites, as far as historic sources is known as on Sammy. On Sammy, I believe, was supposed to be the wife of Uncle Sam? She was developed by the USDA around 1927. That was a program where aunt Sammy would come on and be really friendly. She would talk about all sorts of issues regarding home economics. But her most popular area was her recipes. Those were first published in 1924. They went through multiple editions. I believe over 1 million copies of and Sammy's recipes ended up being sold. In 1932, they even had a real version of this. You could hear her recipes on the radio program from 1926 through 1944. It went under a number of different names. So, there was the housekeeper's chat, the housekeepers desk, the housekeepers half hour, and sometimes just aunt Sammy. So, here we have an example of and Sammy's Scotch shortbread. All of these were coming from the USDA radio service. I found a number of these in the Internet archive. So, if you go there and look for radio service or aunt Sammy, a lot of this will come up. One thing I noticed was about every three years, they would talk about the holiday cookies. So, this happened in 1930, 33, Christmas cakes and cookies '36, and holiday cookies 1939. So, there was enough interest kept redoing these. One thing I love, too, was she was always seen as being very practical. So, these are radio scripts. I can just imagine her saying "how do you fill the cookie jar in a hurry? What to bake for those last-minute gifts?" And frequently, in these, the idea of food as gifts keeps coming up. Eventually, she also starts talking about rationing. So, a lot of what aunt Sammy did would be continually used by the USDA radio service. So, even if it did not say and Sammy, there might still be some of her recipes included. Those would include recipes to encourage the rationing of sugar, of fats, eggs, everything else. So, here is just an example of what was happening regarding rationing. Sugar, they started rationing in 1942. Fats, they started rationing in 1943. Both of those are pretty important for your cookies. They started to really push alternative ingredients. So, on December 6, 1946, had it been just one day earlier, would've been an anniversary, for the radio Roundup, part of what the script had was the Christmas cookie season is well

underway for the woman whose holiday plans include gifts of food. There is still a problem, however. If you have continuing shortages of sugar and shortenings. After that, the recipes they provide include using honey, sorghum, corn and maple syrup's, dried fruits -- dried fruit was really being pushed, because traditionally the way you would preserve the fruit was with sugar. I did find this wonderful depiction of someone who was trying to encourage rationing. This lady goes in with the ration coupons, and says this is not enough sugar. I have been a citizen of this country for 70 some years, and I have so many bushels of apples, this is not enough sugar. Just the idea of trying to get people to use alternative methods, because sugar was being rationed. The reason it was being rationed was to send it to the Army. There are a number of resources with army recipes. These will always be for large quantities. So, there is the Army Baker, written in 1941. Their molasses cookie recipe requires five pounds of brown sugar and a quarter quarts of molasses. In the interest of being frugal, they also encouraged the use of breadcrumbs. There was also a peanut butter cookie recipe in there, with a yield of 100. I think we get a certain idea of what Army food would have been like. That is why I have included this image from pastry baking 1966, which dedicated chapter 7 to cookies. You can tell from these, they are some very fancy looking cookies. I love the checkerboard and the spiral. Just because it was going to be Army food does not necessarily mean it was going to be boring. Remember, too, this recipe to feed about 100 people had five pounds of brown sugar. Because there is more than one kind of recipe for feeding the masses. One of those others is school lunches, and feeding students. So, this peanut butter cookie recipe for 100 portions has one and a half cups of granulated sugar, and 1 1/3 cups of brown sugar. So, significantly less. The idea of school lunches goes back quite a ways. I found this great quote from school lunches in the country and the city, from the farmers bulletin number 1899, from 1942. It said "the three greatest groups in need -- underpaid farmers, on unemployed workers, and underfed children." So, the idea is you need to feed these kids. This goes back at least to the Great Depression, when so many people were struggling. Some of these bulletins had pictures of these young students who were just so, so thin. They were part of this idea that schools need to see to the physical well-being of students. Now, this peanut butter cookie recipe is also from 1946, so there is probably also a little bit of sugar rationing going on. But, in comparison, I did find a modern recipe for 36 cookies that had two cups of sugar. So, this was still a relatively low sugar cookie. Also, portions of two cookies per student. So, at least you get two. Of course, now, there are different reasons why we try to reduce the amount of sugar. This is a more modern take on that. Before, we were talking about using sugar alternatives including things like sweet potatoes, we are still doing that. But the idea is now to get people to eat more fruits, more vegetables, and less refined sugars. A great source for this, if you are looking for nutritional information, or looking for modern recipes comes from my plate. This was also a company made by the let's move campaign under the Obama administration. You can see these recipes come from various locations. We have applesauce cookies from Montana State University, banana or cookies and the University of Minnesota extension, carrot cookies from Virginia Cooperative extension and healthy futures, and I think my favorite, pumpkin cookies from food hero, Oregon State University. So, there are a lot of options out there. Again, it is still about nutrition. It is about providing good nutrition for young people and overall health. It is just the reason the sugar is reduced has changed a bit. That brings us to smart cookies. Smart cookies is really just, how many ways can you use cookies to teach people? Cookies can be used for mathematics, chemistry, economics, environment, there is even one I found on crime solving, geology and nutrition -- cookies are a great way to get attention, they are great positive reinforcement. I am actually wondering how many people sign up for this purely because it is about cookies. That does work. There are also treats, and they are also very relatable. That is another reason why they are used for diplomatic reasons, too. If you see a cookie on a table, chances are, you know what it is. You can get a lot of interesting lesson plans and materials through Erica.ED.gov. Now, for this presentation, I tried to limit myself as much as possible to actual edible cookies. So, no computer cookies. But, I kept coming across this. The Forest Service refers to these thin slices of wood as forest cookies. I kind of love that.

Nobody is going to want to eat them, but for science, for learning about trees and about the environment, about growth, about science in general and the natural world, I am allowing in the forest cookie for science. Now, to get a little more into the teaching and actual edible cookies, there is the metric chocolate chip cookies, coming from the NIST physical measurement laboratory. This is to help people learn about the metric system, by providing a recipe for cookies in the metric system. There is also who stole the cookie? Out of school middle school master this is an example of an E.R.I.C. item. If you go to the E.R.I.C. database and use this number, you will be able to pull it up. It is about investigation, and crime solving, and also about learning. Cookies are very big in the natural sciences. So, there is also earth cookies coming from the Lassen volcanic national Park, looking at geology. There is cookie conservation, from the Florissant fossil beds, about how you carefully excavate chocolate chips out of your cookie, instead of just smashing things. Because people do that with fossil beds, and mess up the fossil beds, instead of actually getting the fossils out. There is a no big moon cookie. That is coming from NASA. And if you do not feel particularly: narrowly adventurous, you can also use Oreo moons. That is basically where you take the top off of an Oreo cookie, and alter the filling to show different moon phases. So, a great way to reinforce the different phases of the moon, and also have an excuse to get Oreos. One of the first bit of trivia I came across working on this was that in 2019, the first chocolate chip cookies were baked in space. They were the Doubletree recipe, so if you go to the DLC meetings in D.C., when we can actually have them in person, it is at a Doubletree, and you can usually get one of their cookies. I think it was amusing that was the recipe they chose. Now, these were cookies for science. That means no one on the space station got to eat them. They were in sealed containers, cooked in a very specialized oven, and then sent back for analysis. That makes me really sad, because I imagine people on the international space station smelling fresh baked cookies and not being allowed to have any. I do not know if there are actually events in the cookie package. I would be surprised if there was, because they are very, very cautious about what happens, and what is open and exposed on the space station. That gets us to the Apollo sugar cookies at the Smithsonian. This is just an example of their sugar cookie cubes. This was another cookie rabbit hole. These cookies, and I think I actually found a picture of them with their creator, Rita Rapp. She was a physiologist and nutritionist. Some of the original work she did for NASA was looking at the physiological effects of G forces on astronauts. She also ended up working with their nutrition program. That was not just making sure they were getting all of their calories and vitamins and minerals they needed in space. It also ended up doing a lot with packaging. She ended up working with Whirlpool to come up with different packaging options. So, these cookies, and she ended up personally making a lot of these cookies. A lady with multiple '80s, making these cookies. They are bite-size, so you do not have crumbs. They are also coated in like a glycerin or gelatin, to further prevent crumbs. This became a currency in space. You could trade them with other people, from your rations cookie collection. I absolutely love that. I tried to find the recipe. I contacted the Johnson space Station nutrition lab, to see if they had it. I tried contacting a library that has some of her papers. I did not hear back from anybody. But, I would love to know what these tasted like. They were very popular. That gets also to the idea of tasting history, to be able to taste exactly what it was and astronauts was eating. I did a little more research. The first cookies go all the way back to Mesopotamia. They were a date cookie. The word cookie that we use is actually a derivative of a Dutch word meaning small or little cake. One of the other common terms for cookies, biscuit, comes from Latin, meaning twice baked. So, a dryer item. That is one of the reasons why cookies are good in space, the lower moisture content means they do not go bad as fast. So, the image we have here is from the Fort Stanwix national Monument. That site talks quite a bit about the Dutch cookie tradition. I love this is a little cookie mold. Because it kind of takes me back to that patent image, where you impress the image of the snowman into your cookie. So, that actually goes back to a much earlier tradition. Other places for cookie history include the Library of Congress is cooking up history, and the national Library of medicine's spice of history. I am not going to get too terribly into it just yet, but the 1824 Virginia

housewife by Mary Randolph has a recipe for the plain gingerbread, which is closer to a crispy gingerbread cookie. However, this does get us into political cookies. Because of the reason that cookbook from 1824 was written? Was because her cousin, Thomas Jefferson, fired her husband. They had to go into running a boarding house. She became known for her cooking, and published that could work. So, there is a connection. But cookies can have a much deeper meaning in tradition, culture, nostalgia, familiarity, indulgence, hospitality, comfort, domesticity, which gets interesting, and also they are almost a bit Democratic. They are a very simple thing to make. You do not need to have all sorts of culinary skill to make a good cookie. So, when my dad was in Vietnam, one of the things my mom would do was she would still coffee cans with cookies and mail them to him. The coffee can kept them from getting crushed. And he has extremely, extremely fond memories of those cookies. He was able to get them thanks to ladies like the members of the 6888 TH they were the central postal directory battalion, stationed in England. One of their jobs was to deal with this insane backlog of mail that had not gone through. They dealt with this absolutely huge quantity of material in three months. They developed a way of processing it, and were just absolutely fantastic. They were frontrunners for getting these packages out to the troops. Their motto was "no mail, low morale." Congress has honored a number of cookie makers. This is just one example you can find. This, right here is one of the citations you can get generated from Dove.info, which I am so happy about. That is fairly new. Just being able to get a generated citation is fantastic. So, this is an example for Marnee's cookies, which are being lauded for their local community work and their charity events, and their donations that they make to places like soup kitchens and children's hospitals. So, cookies mean just so much more than a disk with chocolate or nuts. It means that you are supporting, in some ways, your community. This also mentions national cookie day, which happens on December 4th. Going more into congressional cookies, in 1908, Congress incorporated the congressional club. It is the only club ever actually incorporated by Congress. This was for the wives, daughters of Congress, Supreme Court, and cabinet members. Their big fundraiser was the selling of the congressional cookbook. It is currently in its 14th edition, and it includes a lot of information for baking cookies. But, what I love about this particular item is that it really goes into the expectations of these ladies. It has what your calling card should say. It has on what days you can visit the wives of Congress members, or of house members, or when you can go to the White House. This was very regimented. It has a lot to do with etiquette. Unfortunately, this is not a GPO publication. I wish it was. There have been a lot of information and what happens in the White House, what people eat in the White House, for a long time. This is not a government document, but it does show that interest. It was first published as the capital cookbook in 1887. This version, with Hugo Simon, he was the steward during the Harrison administration. He was a European trained chef, I think. It has the inside scoop of what is going on in the White House, even pictures of the White House kitchen, what is going on there. This brings me to yet another rabbit hole. Who is actually doing the cooking in the White House? At least nine presidents had enslaved people working at the White House. In fact, the first child born in the White House was to a 14-year-old enslaved Cook, Ursula Granger Hughes. A number of presidents had people working for them who were either enslaved or as I am calling them freed women. It was usually a woman who had the position. Though, a number of usually male European chefs worked for the White House, as well. The image here is Dolly Johnson, from 1890. She had previously been an enslaved person. This brings back the idea of like domestic County and expectations. One of the reasons I went down this rabbit hole was because, well, starting around 1920, you start to see more regarding "does the First Lady cook?" Florence Harding was actually the first individual I was able to find two actually published one of her recipes in newspapers. That was actually specifically for waffles. Grace Coolidge put out her custard pie recipe. Most of these ladies were not expected to go out and cook. They were expected to maybe manage a kitchen, or manage the cooks. I love this image of Misses Coolidge eating a Girl Scout cookie. Because she was a big proponent of the Girl Scouts, as was Lou Hoover, who was the first lady under whom the Girl Scouts really started cookie sales. Lou Hoover was

also a geologist. So, these are not necessarily ladies who you would expect to be working in the kitchen. Starting in the 30s and 40s, that is when you start to get a lot more White House cookie recipes. A lot of these come from the national archives. What I love, too, is Eleanor Roosevelt. She had huge, huge tea parties, where thousands of people were served. Most likely, there would have been cookies involved in those. Her meal planner was Henrietta Nesbitt. She put together a White House cookbook, and also sort of a memoir of her time working with the Roosevelts, where she talks about having to plan baking for huge numbers of people. We also have cookies as a form of good press. What I love about this is, in the archives for John F. Kennedy, there is a section on favorite recipes. It does not include any actual recipes, it is people asking for the president's favorite recipes. Patricia Nixon actually had a chocolate cookie fundraiser where she said people her chocolate cookie recipe, so people would then make and sell those cookies to help fund Nixon. This brings me to the cookie controversy. Why do we care what First Ladies are baking? Other than oh, shoot, women can now vote, but do not worry, we still make waffles, I have found this. I remember it from the campaign, where it was thought that Hillary Clinton basically badmouth cookie baking. She had to sort of walk that back, and did so by providing her chocolate chip cookie recipe. There is a really interesting E.R.I.C. piece on this , using the Clinton presidential campaign and the treatment of Hillary Clinton. So, with Ms. Holt Hillary Clinton cookie controversy came to the family circle presidential cookie pole. They would get recipes from various First Ladies or First Lady hopefuls, and people would vote on their favorite recipe. This cookie pole I have here is something I completely made up because, for once, I wanted oatmeal raisin to win. Family circle stopped publishing in 2020. Here, I just have some presidential cookie facts. For example, in 1993, the D.C. Central kitchen baked 28,000 the saxophone shaped cookies for the Clinton inauguration. In 1969, the national committee of Republican women consumed 24,500 cookies and 235 gallons of punch. And in 1966, President Johnson spent at least 15 minutes looking for a cookie jar that had been hidden. Sadly, there has not been an actual presidential proclamation for national cookie day. And Henrietta Nesbitt, who was the meal planner for the Roosevelts, recalls planning tea parties for 20,000 guests, as part of a huge outreach to bring people in, to listen to people. So, all of these recipes I have talked about, where those recipes are actually available can be found at the URL on the screen. I will drop a link into the chat, as well. These are just some places where you can go to learn more, including [nutrition.gov/recipes](https://www.nutrition.gov/recipes), the presidential food resource guide from the Library of Congress, which has links to all sorts of books and articles relating to cooking in the White House. And these are some of the nongovernment sources. If there end up not being very many questions, I will tell you more about the president's table, and what happened there. Because that is a whole mother rabbit hole. The national archives, this is another non-GPO publication, eating with Uncle Sam, recipes and historical bites from the national archives. You can still get this, it is \$15. That is another great source for those presidential cookie recipes. So, we do have a little bit of time for questions.

Okay, Susanne, we do not have any questions yet. But, everyone, if you have any questions for Susanne, please type them in the chat.

One of the books on presidential cookies was written by Barry Landau, the president's table: 200 years of dining and diplomacy. He used this book to establish his credentials, would then go to archives, often with cookies , and distract them. He, and then a compatriot of his would steal items from the archives, by putting them into secret pockets in their jackets. These were things like letters from Napoleon, all sorts of not recipe related resources. I have him listed now as my cookie crook for not only writing about cookies, but also using them to disarm people, so that he could steal.

Okay. We have a question from Brian. In the same vein as the space sugar cookies, are there any examples of cookies as military rations, or healthy cookies? We now see things like the complete cookie on the market.

So, there have definitely been efforts to make a healthier cookie, usually by incorporating some sort of fruit or vegetable. I have not found anything where they try to make life, this is the only cookie you need. An early, early version of that could be considered hardtack, which is a biscuit, not a cookie, and absolutely terrible. There have been different efforts with rations over time, where they would have some sort of dessert included with it. I have not been able to dig much into that, but I would not be surprised if there was a ration cookie. No, I think frequently those would come through places like the Red Cross. The Red Cross is very well known during World War I for their donuts. So I would not be surprised if cookies ended up in there somewhere. Usually, rations that would be something like chocolate, which had less chance of spoiling. Once you start including dairy in anything, or higher moisture content, that is when you will have more spoilage. But I totally want to look that up.

Okay. Allison asks, is there anything written about cookies that are dairy free, or for the lactose allergic?

For that, I would go to the USDA recipes. I think they do have some for more specific diets, things like gluten-free and dairy free. I think the area where you might run into a little trouble is making sure you find stuff that does not have eggs. Eggs frequently get considered dairy, so you might want to look specifically for egg free, but I totally want to dig into that question, as well. I very much want to find a copy of and Sally's cookbook in braille. I think that would be amazing to find.

I have a little trivia here to share. Several years ago, the national archives and did a display on food. One of the things that caught my attention was they had something called a vitamin donut. Each donut fortified with a minimum of 25 units of vitamin B1. So, no healthy cookie yet, but there were nutritious donuts.

I also always wonder what some of these things tasted like.

Yes. I definitely wonder how that is possible.

Okay.

If there is interest, I can try to add to the cookie guide more. More specific dietary cookies.

Okay, just a reminder, Ashley has put out the link for our survey. We would really appreciate it if you would complete this. It helps us develop new programming. So, if there are not any other questions, we will say thank you to Susanne , and to everyone who has attended. We look forward to seeing you in more webinars next year. Thanks. [Event Concluded]